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SINGLES NIGHT AT SAFEWAY

Safeway employee Cathy Halek ties a produce bag around 21-year-old Jessica Delury's cart, differentiating her as a single for Singles Night at Safeway on Tuesday evening at the Osborne Village store. See story, page 6. SHANE GIBSON/METRO

Homeowners get tax hike

Budget 2015. Mayor says property tax freezes a thing of the past



BERNICE PONTANILLA
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Winnipeg homeowners will pay 2.3 per cent more in property taxes in 2015, and can expect a similar yearly increase for the foreseeable future.

On Tuesday, finance chairman Coun. Marty Morantz officially unveiled the city's balanced budget during a special executive policy committee meeting.

The 2.3 per cent hike amounts to \$37 more in property taxes for the average home assessed at \$262,780 in Winnipeg, excluding school taxes.

Both Morantz and Mayor Brian Bowman have hinted for weeks that Winnipeggers could expect a "challenging" budget.

"We went into the budget facing a deficit of \$79 million," said Morantz during a news conference after the EPC meet-

ing where he compared the budget to a tightrope act.

"There was a lot to balance on such an incredibly thin line."

The tax increase breaks down to one per cent for local roads, one per cent for regional streets and 0.3 per cent for general revenue.

The budget also includes a payment plan for the second phase of rapid transit: starting in 2016, a 0.33 per cent yearly tax increase for a decade and a one-time \$0.05 hike to bus fares.

Should city council decide to continue the two per cent for local and regional roads in the near future, that amounts to 2.33 per cent a year.

Asked by Metro if property tax freezes in Winnipeg are a thing of the past, Bowman said "yeah, I do, I think property tax cuts and freezes put us in a very difficult position."

The 2015 budgets — \$994 million in operating and \$560 million in capital — now moves on to the various committees.

See more on the budget, pages 3 and 4.

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H&M

Mayor Bowman's election promise under scrutiny

Budget. Mayor does hold property tax hike to inflation but also boosts frontage levy



BERNICE PONTANILLA

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Did Mayor Brian Bowman break an election pledge with the 2015 budget or not?

Bowman's first budget as mayor includes not only a 2.3 per cent property tax increase but also a hike to the frontage levy, to \$4.35 from \$3.75 per frontage foot. Taken together, it amounts to about a 3.7 per cent increase.

"I made a commitment to Winnipeggers during the civic election that property taxes would not increase above the cost of inflation: 2.3 per cent," Bowman told

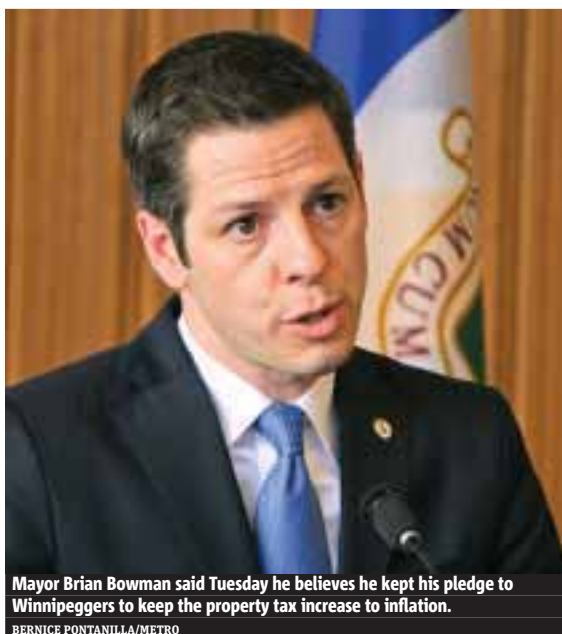
the press Tuesday afternoon.

"I'm very pleased to have honoured this promise to citizens because, while on one hand a modest increase helps us dedicate funding for street renewal, property taxes are regressive."

Bowman added that he wished he could eliminate both the tax and the levy but "the priorities of Winnipeggers were very clear during the campaign, that the No. 1 priority was to fix the roads."

The total funding for this year's regional and local street-renewal program is \$103.3 million, three times as much as when the program was introduced in 2012.

Asked by several reporters if he felt he broke a promise with the frontage levy, Bowman said, "I'll leave that for Winnipeggers to decide. The fact is we're being open and transparent about what we're proposing here today."



Mayor Brian Bowman said Tuesday he believes he kept his pledge to Winnipeggers to keep the property tax increase to inflation.

BERNICE PONTANILLA/METRO

Money moves

The budget includes cuts, user-fee hikes and changes to services:

- Some pools are expected to change hours or close during low-use periods.
- The park patrol program is being eliminated for a savings of \$851,000, with police taking over.
- Automatic summer and fall street cleaning is being eliminated for an annual savings of \$700,000.
- User fees are being increased across the board, plus more than two dozen new fees for various real estate and legal transactions.

Reaction to the preliminary 2015 budgets

On the tax hike for roads:

"By 2011, that annual investment deficit in infrastructure grew to just under a billion dollars. So we can delay, we can hide our head in the sand, and we can watch the number grow exponentially, or we can make decisions that one expects adults to make. And I think the budget today is a direction that we should be thankful for."

Chris Lorenc, president of the Manitoba Heavy Construction Association

On keeping jobs unfilled:

"We're definitely disappointed that it's not only continuing but that there's been a slight increase in that program. (In 2014), the administration said that we cannot afford the 3.5-day furlough; we can't afford giving staff the time off because we simply don't have enough staff on hand because of the vacancy management program."

David Jacks, communications officer with CUPE Local 500

On small businesses getting a tax rebate:

"Any time a small business doesn't have to pay the business tax is a good thing. But still, what it's becoming right now is a growth tax, because as a small business you can grow to a certain level, but once you hit that \$30,000 (rental value) threshold ... all of a sudden now you are going to be whacked with a brand new tax that really will become a disincentive to growth."

Elliot Sims, Manitoba director for the Canadian Federation of Independent Business

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A bus travels down Main Street on Tuesday. In addition to a property-tax increase over 10 years at 0.33 per cent, fares for transit riders will go up five cents beyond regular cost increases to cover inflation. SHANE GIBSON/METRO

Fare and tax hikes fund BRT

Public transit. All citizens on hook for 0.33 per cent property tax hike over 10 years to fund southwest corridor expansion

Months after announcing a \$590-million project to extend bus rapid transit (BRT) to the University of Manitoba and widen the Pembina underpass, the city has finally figured out how to pay for its share of the venture.

Beginning next year, the city will bring in a one-time transit fare hike of five cents — on top of any regular increase needed to cover infla-

Quoted

"It seems like a reasonable process. If you recall, several years ago they were going to put in a 25-cent increase."

Coun. Jenny Gerbasi, a longtime supporter of bus rapid transit expansion

tion — and it will raise property taxes by 0.33 per cent annually for the next decade.

Those revenues will feed a new reserve fund that will be used to cover the city's \$20-million annual payments for the BRT/underpass project starting in 2020.

Coun. Jenny Gerbasi, a longtime BRT supporter, said she was relieved the funding

solution didn't hit transit riders harder.

"It seems like a reasonable process," she said. "If you recall, several years ago they were going to put in a 25-cent increase ... so this is much better."

Gerbasi said the transit funding plan was one of several positive aspects of the draft budget.

"I do feel better about this budget than I've felt about previous budgets for the past number of years," she explained.

"I think they've spoken a bit more honestly about some of the challenges we face. I've never heard our structural operational deficit being spoken about before. That's refreshing." COLIN FAST/FOR METRO

New traffic centre could help put an end to red-light rage

A big investment in traffic technology should have Winnipeggers seeing fewer red lights by the end of 2016.

The 2015 budget includes \$3 million in funding over the next two years to establish a traffic management centre, which will provide centralized control over the city's 650 traffic lights.

This will allow traffic engineers to make instant adjustments to signal timing to help ease traffic congestion, respond to poor driving conditions or route vehicles around the scene of an accident.

The system will also provide drivers with real-time information about traffic flow on their smart phones, through social media and on a series of electronic reader boards to be installed



Winnipeg will soon see fewer red lights. SHANE GIBSON/METRO FILE

around the city.

Finance chair Marty Morantz pointed out that signal maintenance will be improved too, as the traffic

management centre will receive instant notifications if a light dies.

"Right now, for example, if a light goes out at an intersection along Pembina, the city finds out about it because someone called 311," he explained. "That's just not acceptable in this day and age."

Similar traffic centres in other cities can also give emergency and transit vehicles priority treatment along major routes.

The traffic management centre won't be the only new technology funded in this year's budget.

Mayor Brian Bowman is also proposing a \$1-million innovation fund that would invest in new ideas to improve the quality and efficiency of city services.

COLIN FAST/FOR METRO



Swan Lake to grace RWB stage

Royal Winnipeg Ballet (RWB) principal dancer Liang Xing and RWB soloist Sophia Lee star in Swan Lake, which starts today and runs through March 8. Tickets for the 19th-century Tchaikovsky-composed ballet start at \$29 for balcony seats and are available online at rwb.org. SHANE GIBSON/METRO

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Crime

Three teenagers charged after robbery spree

Three teenagers are in custody after nine gas stations, stores and restaurants were robbed in a spree spanning several Winnipeg neighbourhoods in February.

Police said most of the robberies involved only one 17-year-old, who would walk into a gas station or restaurant, hide their face and produce a weapon.

The first incident was at a store on Langevin Street on Feb. 5, police said. From there, the robber targeted various other gas stations and stores. The culprit and two other teenagers decided to hit a gas station on Alpine Street on Monday. Police caught up with their trio of suspects at a restaurant on Goulet Street at about 6:35 p.m.

The first teen faces 10 counts of robbery, disguise with intent and possession of a weapon for a dangerous purpose. The other two were charged with robbery.

METRO

Winnipeg's spring outlook looking good and not so good

Weather. City to see warmer temperatures in first half of March, ahead of cold snap during second half



SHANE GIBSON

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The Weather Network had good news and bad news for Winnipeggers in their annual spring outlook, released Tuesday.

Weather Network meteorologist Doug Gillham said Winnipeg's temperatures will average out to normal or just slightly below normal between now and May.

That's the good news.

The bad news is those nearly normal temperatures will come in two distinct chunks: amazing and awful.

"Saying that this spring



Winnipeggers won't want to put away their scarves and mitts just yet, according to the Weather Network's annual spring outlook. SHANE GIBSON/METRO

is going to be near normal is kind of a snapshot of the big picture," said Gillham. "There

will be periods that will be reminiscent of winter, and yet you'll still have plenty of nice

spring weather to enjoy as we progress towards summer."

According to the Weather

Network, Winnipeggers can expect near- to above-normal temperatures starting this weekend and going into next week, but a cold snap should set in during the second half of March and stretch into early April.

Gillham said we should return to normal temperatures for the last stretch of April.

Normal temperatures range between -4 and -14 C for this time of year and rise about two degrees a week until May, when they land between 8 and 22 C, according to Gillham.

The forecast comes as Eastern Canada is being warned to brace for a colder-than-average spring and above-average temperatures are predicted for the provinces west of Manitoba.

As for snow, the Weather Network said to expect normal precipitation for March and April — whether it comes as rain or the white stuff.

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Singles mingle in grocery aisles

Dating. More than food picked up at Singles Night at Safeway



SHANE GIBSON
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Tuesday evening might not have been the best night to stop at the Osborne Village Safeway if you were looking for anything other than love.

Hundreds of single Winnipeggers descended on the store for Singles Night at Safeway, an event started as a bit of a joke by a pair of Winnipeggers that took off on social media and ended up with more than 1,200 people saying they'd attend on Facebook.

Safeway officials estimated more than 700 people were in the store 40 minutes into the event.



Alana Squire, 33, and Slava Revzan, 28, talk to media at the Osborne Village Safeway just minutes after meeting for the first time Tuesday night. SHANE GIBSON/METRO

"It's different but it's interesting and fun," said Alana Squire, 33, whom Metro found chatting with Slava Revzan, 28, in the juice aisle shortly after things kicked off at 7 p.m.

Both Squire and Revzan — who had met for the first time about two minutes earlier — said having a preset time and place for singles to gather

Kissed by a rose

Safeway had a special on roses during the event, selling single flowers for \$2 to lovers who wanted to woo those they met in the aisles at Singles Night at Safeway.

made meeting new people easier.

"This way you know if people are open to be talked to, too," said Revzan.

Shoppers who wanted to take part in the event tied a produce bag around their cart to let possible Mr. or Ms. Rights know they were in on the idea.

Differently coloured bags were used to differentiate between sexual preferences.

Safeway spokesman John Graham said the event was a lot of fun but it isn't something the grocery chain plans on doing again.



Don't be late

Doug McKeag and Terry Cherniack star in *Late Company*, being presented at the Tom Hendry Warehouse. The play, about two families who sit down to dinner after a tragedy in an attempt to reconcile, runs until March 21. COURTESY BRUCE MONK/MANITOBA THEATRE CENTRE

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Halifax. Three released after potential mall threat

Halifax police have released two men and a woman who were arrested after a mall in the city chose to close Tuesday morning over potential threats, although police were not able to confirm if the threat was valid.

Police said Tuesday night that the three were co-operative and it's not believed they were involved in the matter. They were not charged. Shortly after the arrests were made about 10 kilometres from the Mic Mac Mall, police said they had not confirmed a valid threat but officers remained at the shopping centre as a precaution.

Police say they are trying to determine the source of the threats and whether they were legitimate.

The mall said it would be open for business on Wednesday morning.

Shortly after the mall closed, police blocked Everett Street in another section of the Dartmouth community but reopened it to traffic after they found nothing of interest in a home that became part of their investigation.

The investigation at the Mic Mac Mall comes a little more than two weeks after two people were charged with conspiracy to commit murder at the Halifax Shopping Centre in an alleged Valentine's Day plot that police say could have resulted in mass casualties.

Police say they received information about the potential threat to the Mic Mac Mall at 9 a.m. The mall announced it was closing for the day about two-and-a-half hours after police were made aware of the potential threat. **THE CANADIAN PRESS**

Military. Top soldier Lawson plans to step down

The country's top military commander is planning to step down.

Several defence and government sources confirm that Gen. Tom Lawson, who has been chief of defence staff for two-and-a-half years, has asked the government not to extend his term in the fall.

Officials at National Defence had no comment Tuesday, but defence sources say his departure has been in the works since late last year and the process kicked into a higher gear after the latest list of promotions and retirements was released a few weeks ago.

Interviews have apparently been conducted with four candidates to replace him, the sources say.

It will soon be up to Defence Minister Jason Kenney, to send a recommendation to



Gen. Tom Lawson **THE CANADIAN PRESS**

the prime minister.

A spokeswoman for Kenney said the government is not prepared to comment.

"Gen. Tom Lawson continues to serve the men and women of the Canadian Armed Forces and we continue to have full confidence in him," Lauren Armstrong said in a statement.

THE CANADIAN PRESS



Dandy sets her sights on giving comfort

Dandy, a Labrador puppy, sits with attendant Heather Guthrie at A Leg Up Pet Services on Tuesday. Dandy is the newest addition to Toronto's Victim Services, a non-profit organization that works closely with police to aid people who have experienced traumatic events. After she's fully trained, a process that will take several months, Dandy will become the third trauma dog in Canada to work with police. Her role will include comforting victims of violence and sexual assault, and those who have experienced the death of a loved one through violent crime or other tragic circumstances. **TORSTAR NEWS SERVICE**

CSIS warns government of online anti-Islam threat

Homegrown.

CSIS has flagged what it says might be the recent development 'of a Canadian online anti-Islam movement'

Canada's spy agency is eyeing the threat of a homegrown anti-Islam movement spreading online.

The Canadian Security Intelligence Service advised the office of Public Safety Minister Steven Blaney of its concerns during a secret September briefing.

CSIS flagged well-known warnings of the persistent menace posed by terrorist groups al-

Qaida, Hezbollah and the more violent and radical Islamic State of Iraq and the Levant, or ISIL, say notes obtained through the Access to Information Act.

But under the heading Domestic Extremism, the spy service also underscored what might be the flip side of that coin — the recent development "of a Canadian online anti-Islam movement, similar to ones in Europe."

CSIS characterized it as an "ongoing risk, particularly as its proponents advocate violence."

The Sept. 18 briefing for Blaney's office came a little more than a month before soldiers were killed in Canadian attacks just two days apart — murders committed by young men that authorities say were motivated by

Islamic extremism.

Shortly after the killings, there was vandalism of mosques in Ottawa and Cold Lake, Alta., threats against the B.C. Muslim Association, and a general increase in reports of public bullying and harassment of Muslims.

However, CSIS is likely more interested in the kind of anti-immigrant, anti-Islam sentiment that has taken root in some parts of northern Europe, even among the middle class, said Lorne Dawson, a University of Waterloo sociology professor and co-director of the Canadian Network for Research on Terrorism, Security and Society.

"They're just not used to dealing with immigrants at all, let alone immigrants that are quite different," Dawson said of

Europe. "We have a much longer track record of immigration in general — waves and waves of immigrants that have come for decades."

Dawson suspects CSIS is motivated by the horrific July 2011 slaughter of 77 people in Norway by Anders Behring Breivik, who penned a manifesto outlining his far-right ideology, including an extreme anti-Muslim outlook.

"In Europe, it tends to attract violent individuals. So if (there's) any chance it's starting to take wings in Canada, then you can see why they're concerned," he said. "I suspect they're just seeking due diligence to be on top of this at the earliest possible moment in light of Breivik."

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Netanyahu criticizes nuclear deal

Congress. U.S. President Obama pushes back against Israeli prime minister's comments

Israeli Prime Minister Benjamin Netanyahu told Congress on Tuesday that an emerging agreement between Iran and the United States would all but guarantee that Tehran gets nuclear weapons, drawing an extraordinarily blunt rebuttal from President Barack Obama.

Netanyahu said "Iran has proven time and again that it cannot be trusted," no matter what it says about permitting verification of the terms of any accord designed to prevent it from getting a nuclear bomb.

"The greatest danger facing our world is the marriage of militant Islam with nuclear weapons," he said in remarks before a packed House chamber that drew loud applause from Republicans and a more restrained reaction from Democrats.

Obama saw it differently

Quoted



"The greatest danger facing our world is the marriage of militant Islam with nuclear weapons."

Israeli Prime Minister Benjamin Netanyahu

and said so from the White House. He said that the Israeli leader offered no "viable alternatives" to the nuclear negotiations with Iran and that the prospect of an agreement had already resulted in a freeze and rolling back of Iran's program.

Netanyahu spoke in English shortly after Secretary of State John Kerry met for more than two hours in Switzerland with Iranian Foreign Minister Mohammad Javad Zarif in hopes of completing an international framework agreement later this month to curb Tehran's nuclear ambitions.

THE ASSOCIATED PRESS



Thousands forced out after volcano erupts in Chile

The Villarica volcano erupts near Pucon, Chile, early Tuesday. The Villarica volcano erupted around 3 a.m. local time (0600 GMT), according to the National Emergency Office, which issued a red alert and ordered evacuations. ATON CHILE/THE ASSOCIATED PRESS

Los Angeles. Homeless man killed by police was ex-con

A homeless man killed on Skid Row by Los Angeles police had been released last May from a federal prison after serving roughly 14 years for bank robbery, a law-enforcement official said Tuesday.

The man was identified as Charley Saturmin Robinet by the official, who had been briefed but was not authorized

to speak publicly about the investigation and spoke on the condition of anonymity.

Robinet was a French national who was convicted in 2000 of three federal charges for holding up a Wells Fargo branch and pistol-whipping an employee to pay for acting classes at the Beverly Hills Playhouse. THE ASSOCIATED PRESS

Ferguson. Justice Dept. finds patterns of police racial bias

A U.S. Justice Department investigation found sweeping patterns of racial bias within the Ferguson, Mo., police department — with officers routinely discriminating against blacks by using excessive force, issuing petty citations and making baseless traffic stops, according to law-enforcement officials familiar

with the report.

The report marks the culmination of a months-long investigation into a police department that federal officials have described as troubled and that commanded national attention after one of its officers shot and killed an unarmed black man, 18-year-old Michael Brown, last summer. THE ASSOCIATED PRESS

Slain Russian opposition leader Boris Nemtsov buried



People look on as workers carry the coffin of Boris Nemtsov during a farewell ceremony at the Sakharov center in Moscow on Tuesday.

PAVEL GOLOVKIN/THE ASSOCIATED PRESS

After paying their final tributes Tuesday to slain Kremlin critic Boris Nemtsov, many members of Russia's beleaguered opposition are looking into the future with gloom.

The sadness and loss that drew thousands to Nemtsov's funeral is unlikely to add vigour to the small and marginalized opposition or dent the broad public support for President Vladimir Putin.

Many believe that his shooting death on a bridge near the Kremlin wouldn't have been possible without

official involvement, and that sends a chilling signal to government opponents, who fear it could herald a new, brutal era of reprisals.

Thousands of mourners and dignitaries filed past Nemtsov's white-lined coffin, and many wept as they offered flowers.

"He was our ray of light. With his help, I think Russia would have risen up and become a strong country," said 80-year-old Valentina Gorbato.

So many came that when

the viewing ended after its scheduled four hours, a line still stretched for hundreds of metres outside the hall named for the Soviet-era dissident and Nobel Peace Prize laureate Andrei Sakharov.

Mourner Marsel Shamsudinov said he had come from Kazan, 700 kilometres east of Moscow, to show that unlike the vast majority of Russians who watch nothing but state-run TV, there are people "who do think and see that the government system is unfair and that we need to change a lot in

our country."

But while feelings of anger and grief ran strong at the funeral, few believe that the opposition could pose a serious challenge to Putin, who is supported by 85 per cent of Russians, according to recent polls.

Kremlin critics say the virulent nationalist propaganda on state television, which cast the 55-year-old Nemtsov and other liberals as Western stooges, helped prepare the ground for his killing on Friday night.

THE ASSOCIATED PRESS

Nigeria

Hundreds die as troops seize town from extremists

Chadian troops have seized a strategically located northeast Nigerian town from Boko Haram, but not before the defeated extremists killed hundreds of civilians,

Chad's military said.

The Chadian forces regained control Monday of Dikwa, a town occupied by the militants for weeks, said Chad's military spokesman Col. Azem Bermadoua.

One soldier was killed and 34 were wounded, most by a suicide car bomber, Bermadoua said on national television.

THE ASSOCIATED PRESS

Homeland Security

Republicans back down in standoff over funding

The Republican-led House of Representatives backed down Tuesday in a dispute that could have led to a partial shutdown of the agency overseeing U.S. borders, handing a major victory to President

Barack Obama.

Congress sent Obama a bill to fund the Homeland Security Department through the end of the budget year, without overturning the president's immigration policies. Republican leaders did not give in to conservatives' demand that the bill also roll back Obama's directives sparing millions of immigrants from deportation.

THE ASSOCIATED PRESS

Boston bombing

Trial to recount graphic details of explosions

In the two years since twin bombs tore through crowds at the Boston Marathon finish line, the case against suspect Dzhokhar Tsarnaev has focused on arguments over where his trial should

be held, who should sit on the jury and what evidence prosecutors should be allowed to use.

But starting Wednesday, a day after a jury was selected, the focus will shift dramatically from the legal process to the harsh reality of what happened that day: the explosions, the screams, the chaos and the blood.

THE ASSOCIATED PRESS

U.S. busts maternity tourism rings

Probe into visa, tax fraud. Investigators conducted searches in Orange, Los Angeles and San Bernardino counties

Federal agents searched more than a dozen homes Tuesday in a crackdown on so-called maternity tourism operators who arrange for pregnant Chinese women to give birth in the U.S., where their babies automatically become American citizens.

The crackdown on three alleged maternity tourism rings may be the biggest yet by homeland security agents who say that, while pregnant women may travel to the United States, they cannot lie about the purpose of their trip when applying for a visa.

Birth tourism has been reported from a range of countries, but authorities say the most recent cases in California have catered to wealthy Chinese amid a boom in tour-



A screenshot from a website that advertises the services of a U.S. company that caters to women from China who want to give birth in the United States. YUUSA.COM/THE ASSOCIATED PRESS

ism from mainland China.

"These people were told to lie, how to lie, so that their motives for coming to the U.S. wouldn't be questioned," said Claude Arnold, special agent in charge for Immigration and Customs Enforcement's homeland security

investigations in Los Angeles.

On Tuesday, federal agents swarmed an upscale apartment complex in the city of Irvine where authorities say a birth tourism business charged pregnant women \$50,000 US for lodging, food and transportation.

Investigators said women were coached to lie about their travel plans when applying for tourist visas and were promised they would receive Social Security identification numbers and U.S. passports for their babies before returning to China.

In one instance, a trainer in China helped fabricate employment and income information for an undercover federal agent posing as a pregnant client to secure a tourist visa and encouraged her to fly through Hawaii, where customs officers were believed to be more lenient than in Los Angeles, according to a copy of an affidavit in support of a search warrant.

The business netted its owners hundreds of thousands of dollars in the past two years and helped Chinese tourists deliver more than 400 American babies, the court papers said.

Investigators said another undercover officer posing as a pregnant traveller was told not to apply for her visa too late as she would be denied if she were noticeably pregnant. A pregnant woman who was questioned at the airport said she was told to say she was simply a tourist, court papers said.

Investigators also tracked the movements of a couple who arrived in February 2014, had their baby in April

Maternity tourists

The key draw for travellers is that the United States offers birthright citizenship.

- Maternity tourists believe U.S. citizenship will help their children secure a top-notch U.S. college education and provide a sort of insurance policy should economic conditions crumble in their home country — especially since the tourists themselves can apply for permanent residency once their American child turns 21.

and returned in May. While the couple's bank account recorded charges at luxury stores including Louis Vuitton and Rolex, they paid \$4,080 — less than 15 per cent of the billed amount — to the hospital for medical services after stating the mother was not employed, the affidavit said.

THE ASSOCIATED PRESS



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Sex discrimination case. Billionaire denies venture capital firm is run by men

A prominent Silicon Valley venture capitalist who helped direct early investments in Google and Amazon said Tuesday during testimony in a high-profile sex discrimination lawsuit that his firm is not run by men and has many female senior partners.

John Doerr took the stand in San Francisco Superior Court in the lawsuit against venture capital firm Kleiner Perkins Caufield & Byers — a case that has sparked debate over the treatment of women in the high-tech and venture capital fields.

The plaintiff, Ellen Pao, says she was denied a promotion at the company because she is a woman and was fired in 2012 after she complained. Her attorney has argued Kleiner Perkins had a male-dominated culture where his client received a book of erotic poetry from a male senior partner and experienced retaliation by a male colleague after she broke off an affair.

Doerr, a billionaire, is a partner at the firm, which also counts former U.S. vice-president Al Gore among its partners. **THE ASSOCIATED PRESS**

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FCC head backs new rules, says Internet needs referee

Net neutrality.

Last week's decision
in U.S. expected to
trigger lawsuits from
broadband providers

The head of the United States' Federal Communications Commission (FCC) is taking the defence of new Internet regulations on the road.

Speaking at the Mobile World Congress wireless show in Barcelona, Spain, FCC chairman Tom Wheeler said Tuesday "there needs to be a referee" for the Internet.

The FCC's vote last week approved "net neutrality" rules that prevent Internet providers such as Comcast and Verizon from slowing or blocking Web traffic or from creating Internet fast lanes that content providers such as Netflix must pay for.

Broadband providers and Republicans have been critic-



Tom Wheeler, chairman of the Federal Communications Commission, speaks on the impact of recent telecommunications regulation in the United States at the Mobile World Congress wireless show in Barcelona, Spain, on Tuesday. MANU FERNANDEZ/THE ASSOCIATED PRESS

al of the new rules, and the FCC's decision is expected to

trigger industry lawsuits that could take years to resolve.

Verizon has criticized the FCC for basing the new rules on a 1934 law. Wheeler said that the agency "modernized" the old communications legislation, leaving out parts that don't apply to today's Internet. He said that approach has worked well for wireless carriers.

The FCC approved the new rules by a 3-2 vote. One of the dissenting commissioners, Ajit Pai, said the new rules are unpredictable, a situation that could make Internet providers less willing to come up with new services.

Wheeler said the rules are not intended to block innovation. He said that the agency did not want to impose broad, restrictive rules on the industry but would look at business practices on a case-by-case basis. He said that there will be no rate regulation and that the rules won't hurt network operators' revenue streams from consumer services.

THE ASSOCIATED PRESS

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VOICES

HOLISTIC MEETS WESTERN MEDICINE IN CANADA



STEPHANIE ORFORD
readers@metronews.ca

With all the noise around declining vaccination rates recently, you could be forgiven for thinking Canadians were developing a serious distrust in modern medicine.

This is simply not the case, and don't let a fringe minority convince you otherwise.

Yes, alternative medical treatments are on the rise in Canada, according to the Public Health Agency of Canada, but we like our conventional medicine, too. The truth is that most Canadians are pretty happy with the medical care they get. Farah Shroff, an adjunct professor at the University of British Columbia Faculty of Medicine who researches holistic approaches to health, said her surveys of Canadian patients show more than 90 per cent deeply trust their family doctors.

A major reason for the high level of satisfaction may be that the Canadian medical profession is constantly adapting its standards and approaches to emerging research and patients' needs. The profession's approach to alternative medicine demonstrates its adaptability.

When it comes to alternative medicine, most Canadians are having their cake and eating it too, complementing their conventional treatments with alternative ones, said Shroff.

"People are looking to be healthier, and that's why they go to naturopathic doctors. It's in



With anti-vaxxers making so many headlines recently, it may seem as though Canadians are ditching modern medicine, but the evidence suggests they are actually just supplementing it with alternative therapies. ISTOCK

addition to, not replacement of," she explained.

More than 70 per cent of Canadians use some form of complementary and alternative medicine (CAM), including acupuncture, naturopathy and massage therapy. According to a 2012 study, people most commonly used alternative therapies to treat back pain, depression, insomnia, headaches and gastrointestinal illness.

More Canadian mothers-to-be are turning

to alternative birth methods of one form or another, such as self-hypnosis (called hypnobirth) to avoid the use of pain medication.

Home births in Ontario have increased by 23 per cent over five years. And good luck trying to make a same-day appointment with a massage therapist or acupuncturist, said Shroff. They're all booked up due to strong demand.

Canadian doctors have responded and

adapted. For the past 15 years, Canadian medical students have been taught about alternative medicine — not how to practise it, but how to provide informed advice and conventional treatment for the increasing number of patients that use it alongside modern medicine.

An initiative out of the University of Saskatchewan called the Complementary and Alternative Medicine in Undergraduate Medicine Education Project, helps Canadian medical students learn about the issues around patients' use of alternative medicine. The initiative emphasizes how important it is for doctors to discuss their patients' alternative treatments with them in an informed and non-judgmental way.

Some alternative treatments are admittedly based on scant evidence (I'm looking at you, homeopathy), but instead of dismissing them outright, Canadian medical professionals are being taught how important it is to listen to their patients and give informed advice.

Those strong doctor-patient relationships make Canadian medical care understanding and flexible, a far cry from the us-versus-the-system view that anti-vaxxers and other small groups shout about.

They help ensure Canadians are informed and safe, whatever treatment they ultimately decide to take.

Stephanie Orford is a writer based in Vancouver.

Health Canada offers reader feedback to vaccine queries

Metro compiled some of the common vaccine-related concerns we've received from readers and forwarded them to the national public health organization for insight and feedback. Here's what they had to say:

'Vaccines contain dirty ingredients'

Vaccines undergo several stages of rigorous testing to ensure their safety and effectiveness before they are approved for use. Vaccines are highly purified products; the main ingredient is an immunogen, the killed or weakened germ. It is meant to stimulate the immune system to recognize and prevent future disease.

Vaccines usually contain sterile water or salt solution and may contain the following:

- **Adjuvants** — help vaccines work longer.
- **Preservatives** — keep multi-dose vials sterile.
- **Stabilizers** — maintain quality during storage.
- **Antibiotics** — prevent bacterial growth.

'Vaccines can kill'

The World Health Organization estimates that every year, more than two million deaths are prevented worldwide due to immunization.

Vaccine-associated deaths are extremely rare in Canada, most often related to a severe allergic reaction such as anaphylaxis. However, anaphylaxis can also result from antibiotics used to treat the vaccine-preventable disease.

If an unvaccinated child catches the real disease in Canada, the result can be serious, or even fatal.

This is because active germs multiply quickly, and your child's immune system is not prepared to defend itself.

'The schedule compromises kids' immune systems'

Currently recommended vaccines are highly purified and usually have much less risk for adversely affecting a child's immune system than the natural infection.

The vaccines recommended for children use only a small portion of the immune system's "memory." Research shows that your child's immune system can easily handle more than one vaccine safely and effectively.

Only vaccines shown to be safe and effective given together are given at the same time. Giving several vaccines at one time keeps children safe by protecting them against more diseases.

'My child got autism after vaccination'

Vaccines are sometimes blamed for conditions that are poorly understood. A child's first year of life is a time of tremendous development, and a time when serious problems may start to appear. It is also the time when most vaccines are given, but this does not mean that vaccines cause these problems.

Many of our vaccines have been in use for decades with no evidence of long-term adverse effects.

Some claim that vaccines cause autism, seizure disorders, multiple sclerosis or Crohn's disease, among other health problems. These connections have never held up to scientific scrutiny.

'The risk isn't worth it'

Unvaccinated children have a much greater risk of having a complication from the natural infection than the rare risk for a serious adverse reaction from the vaccine.

With any medicine, there is always a small chance of an allergic reaction. True anaphylaxis reactions are rare (one in 100,000 to one in a million doses) but are reversible with proper treatment.

The reactions usually start shortly after immunization is received. For this reason, a nurse or doctor will need to watch your child for 15 to 30 minutes after receiving a vaccine. Stay in the clinic for that period of time and watch for signs of a reaction.

'If vaccines are so effective, why do people still get sick?'

Vaccines work very well, but they aren't 100 per cent effective. In countries where vaccination rates are high, disease rates are low. In countries where vaccination rates are low, disease rates are high.

For herd immunity to be effective, as many people as possible must be vaccinated.

The efficacy of two doses of the measles vaccine given to infants is nearly 100 per cent.

However, due to the high infectivity of measles (each case may infect 12 to 18 others) at least 95 per cent of the population needs to be immunized to develop herd immunity.

2 SCENE

Gossip

NED EHRBAR

METRO'S TAKE
ON THE WORLD
OF CELEBRITIES

Here's your hat, what's your hurry?

Tensions are reportedly running high behind the scenes at *The Voice*, no matter how chipper the chair-spinners look on air. Adam Levine is apparently feuding with fellow judge Pharrell Williams, as Levine is "feeling shafted by Pharrell behind-the-scenes," a source tells Radar Online. "Not only is Pharrell taking the contestants

that Adam would have generally locked in with ease, but he is also a favourite among the production staff."

Ouch. Nobody wants to feel like the production staff's passing them over for the newer, more be-hatted model. According to the source, though, staff may have good grounds for not favouring Levine: "Adam is just jaded after doing it for so many seasons," the source adds. "Production staff are saying that not only does Adam act like an a--hole, but he is totally jealous of Pharrell, and this season has brought out his true colours."

Pharrell ALL PHOTOS: GETTY IMAGES

Quoted



"This season has brought out his true colours."

A source says of Adam Levine

New papa Ryan really needs a nap

New dad Ryan Reynolds has some theories as to why he's so sleep-deprived lately. Or maybe he's just trying to put a positive spin on life with a newborn.

"Our baby in particular is, we think, allergic to sleep," he tells Jimmy Fallon during an interview. "We think that she thinks she's protecting us from the sleep monsters. Like, 'Oh, I've got to keep them up or the sleep monsters will get them.'"

Which, as adorable as that sounds, is asking for an awful lot of advanced, creative thinking for a 9-week-old.

Ryan
Reynolds

Sarah, that's a big name for a wee guy

OK, so some men apparently give their — ahem, members — nicknames. That's a thing. I guess.

But hey, I'm all for new opportunities for creativity. And you'd have to get pretty creative to top the name *Masters of Sex* star Michael Sheen gave his, at least if girlfriend Sarah Silverman is to be believed.

Completely unprompted, Silverman took to Twitter to announce, "My boyfriend named his penis. He named it 'The Great Christine Baranski.'" Which sounds like a mouthful, honestly.



Sarah Silverman and Michael Sheen

May the force be with Lego

The recently concluded first season of Disney XD's *Star Wars Rebels* was apparently just the beginning of the network's plans to bring the galaxy far, far away to the small screen. And their next trick sounds, dare I say, awesome. According to the *Hollywood Reporter*, we can soon look forward to *Star Wars: Droid Tales*, which will feature C3PO and R2D2 just after *Return of the Jedi* rehashing the first six films in the franchise over the course of five episodes set to air later this year. Oh, the whole thing is done with Legos, like *The Lego Movie*. Awesome.



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CSI: Cyber is not just about cops on laptops

Prime-time. Actor James Van Der Beek joins crime-fighting franchise to chase down online baddies

NED
EHRBAR
Metro in Hollywood

Former Dawson's Creek star James Van Der Beek has joined the latest spinoff of the CSI franchise, CSI: Cyber. Here's why he wants fans to watch the show:

Because he's trying something new: I love to shake it up. I can't do just one thing for too long. I had a great time doing comedy. I did it for three years, I had two shows picked up and when I got this offer I thought maybe it is time to come full circle and come back to my dramatic roots and solve some crime.

Because come on, it's more CSI: Three letters motivated me: CSI. It's one of the big-

gest television franchises in the world, so to play a lead on something like that is a huge honour. I don't know what possessed CBS after my comedy work to think, 'Hey, we need somebody to kick some ass in the show, why don't we offer it to that guy?' But I'm really glad they did.

Because it's not just going to be cops with laptops: I mean, a show about four people staring at a screen for an hour is generally not the most engaging television. This is a blend of cybercrime-fighting technology and old-school techniques, because the computer stuff is really fascinating, but it all eventually manifests in the real world. Behind all the cybercrime is a real human being who lives in a real location and has a real door that may or may not need to be kicked down.

Because it's a frighteningly big subject matter: I thought I was pretty savvy about cybercrime, but after speaking to the experts who were advising the show, I realized I was



James Van Der Beek and Shad Moss speak during a CSI: Cyber panel in January. CSI: Cyber premieres Wednesday at 10 p.m. on CTV. GETTY IMAGES

completely in the dark — both fortunately and unfortunately. The well of cybercrime is bottomless, which for a storyteller is great because you never run out of storylines. I hope this show does enlighten people as to just how much this kind of crime can hap-

pen to you and what steps you might want to do to just be careful and be aware and hopefully prevent it.

Because he's finally FBI age-appropriate: I think, like, 10 years ago I wanted to play an FBI agent, but I just wasn't

old enough. I didn't look old enough, certainly, and it was a blessing. And then just when I least expected it, I got offered the FBI agent.

Because he's not Dawson anymore: In the last 10 years, I've grown up a lot. I've gotten

married, I've had kids and just really gained a lot of perspective and a lot of appreciation for being able to work in this industry and being able to provide for my family by doing it. I just have a lot bigger suitcase to reach into for my bag of tricks emotionally.

An advertisement for Fresh Radio 99.1. On the left, there is a photograph of Ed Sheeran and Taylor Swift. Ed Sheeran is on the left, looking towards the camera, and Taylor Swift is on the right, looking slightly away from the camera. They are both wearing casual clothing. The background of the photo is a mix of green and white. To the right of the photo, there is a large white stylized 'F' logo. Further to the right, the text 'Fresh RADIO 99.1' is written in a large, bold, black font. Below this, 'MODERN MUSIC' is written in a smaller, bold, black font. At the bottom right, the website '991freshradio.ca' is displayed in a bold, black font.

3
LIFE

It's time to take on Belfast

City tour. With the Troubles behind it, Northern Ireland's capital is finding its groove

Belfast may seem an unlikely destination for tourists, associated as it is with the Catholic-Protestant conflict known as the Troubles. But the city has been transformed in recent years and is now a cosmopolitan place with plenty to see and do, much of it free.

Churches and street art

Visit Catholic and Protestant churches on Sunday. It's a free, safe, educational and potentially entertaining experience. You might even get a tour or lunch at someone's home. Ian Paisley's Martyrs Memorial, the Free Presbyterian Church of Ulster, is used to visitors at the 11 a.m. Sunday service and greets strangers with great hospitality. In Catholic west Belfast, the twin-spired St. Peter's Cathedral offers a half-dozen weekend masses, including evenings.

As you visit various neighbourhoods, you may see street murals with very different themes, ranging from Irish cultural and Catholic references, to depictions of Picasso's *Guernica* and expressions of solidarity with Palestinians and Cuban political prisoners. Murals in the Protestant loyalist heartland, called the Shankill, memorialize the community's commitment to Northern Ireland's union with Britain and the residents' Ulster-Scots culture. Graffiti and scribbles on a peace wall on Cupar Way include messages from tourists.

Titanic Quarter

Belfast has reconnected with the story of its most famous creation, the Titanic. The area surrounding the defunct



The Titanic House Visitor Centre is part of the area surrounding the now-defunct shipyard where the Titanic was built. THE ASSOCIATED PRESS

Irish music

- **For the cost of a pint.** Many pubs offer free traditional Irish music. Venues include Kelly's Cellars, tucked away in an alley in the city centre with a history going back centuries. A group called the United Irishmen met here in 1798 to plot a failed rebellion against the English.

shipyard where the ocean liner was built is now called Titanic Quarter. Various Titanic-themed attractions charge admission, but it costs nothing to marvel at the huge exterior of the Titanic Experience, which mimics the hulls of ocean liners. You can also walk on the huge slipways where the Titanic was built and launched in 1911. In what was once the docks area, you'll find memorial sculptures.



Street murals in various Belfast neighborhoods offer very different themes, ranging from Irish cultural and Catholic references, to depictions of Picasso's *Guernica*. THE ASSOCIATED PRESS

St. George's Market
Every Friday and weekend this

Victorian market offers a showcase for local crafters and food

stalls. A long-derelict landmark, St. George's Market was given a new lease of life with a multi-million redevelopment in 1997. It will cost you to buy souvenirs or indulge in an Ulster fry (a big breakfast heavy on meat and bread), but there are free samples along with free music and it's an ideal place to learn about local food.

University Quarter

The University Quarter remained a lively evening destination even in the darkest days of the Troubles. Next door to the majestic red brick Queen's University, founded by Queen Victoria, are the Botanic Gardens, with a glass house, a hot house, rose gardens and places where students can sunbathe between lectures. It's free, as is the Ulster Museum, which houses an ancient fish, the coelacanth, and the city's resident Egyptian mummy, Takabuti, among other treasures telling Ireland's story from prehistory to the present day.

THE ASSOCIATED PRESS

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The importance of having an introvert in the office



The value of individual introversion in the workplace is often overlooked. ISTOCK

Career. You may find an indispensable employee in the shy professional

JINGWEI
YAN
TalentEgg.ca

In the workplace, introverts are often compared to their more extroverted colleagues. People with extroverted qualities are often assumed to be more sociable and outgoing, while those with introverted qualities are seen as quiet and shy.

While these may initially seem like disadvantageous attributes, it is important to remember that these are just stereotypes.

Personalities are diverse, and there is always a way to use your qualities to an advantage.

This article will highlight instances where having and developing the qualities of

Creating the 'right' moment

Sometimes you may find yourself not speaking up because you're waiting for the "right" moment to jump in.

- Often, our perceived idea of the "perfect" moment never arises — there may be no natural pause in the conversation, and you may feel uncomfortable risking cutting off a colleague mid-sentence.

- Instead of passively waiting for your opportunity to chime in, create it. If you're in a meeting, catch the meeting leader's eye or raise your hand; if he or she gives you the go-ahead, seize your moment to speak. Combined with your effective listening skills, you will be able to distinguish yourself by contributing valuable insight to the team.

introversion can help you excel in the workplace.

Listening skills

If you find speaking up in a group or a meeting uncomfortable, think of this as an opportunity to develop your listening skills. Listening skills are more than just the ability to hear and understand someone else's speech. It involves your attention to body language and to what

is not being said. In meetings, take detailed notes and then offer the meeting leader your input in a quick one-on-one talk after the meeting. This gives you the chance to not only establish a closer rapport but also offer well-considered feedback without the pressure of everyone's eyes on you.

Focusing

There is absolutely nothing

wrong with wanting to work alone. If this is how you are most productive, others will respect that. After all, this is how you produce your best work.

There will always be projects that require teamwork. For these instances, ensure each team member is assigned a role and a set of responsibilities, so that you can take your piece and work on it.

Just make sure you attend progress meetings and keep your teammates up to date on your work.

If your desk is in an open-plan office, consider wearing headphones as a visual sign to your colleagues that you are working.

Or if there is an empty conference room, take your laptop and coffee there. It would be best to block off the same time everyday so your colleagues become familiar with your schedule. Of course, make sure this complies with management first.



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Forging your first mentor-mentee relationship

Career. You've finally landed that coveted position and now it's time to give back

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So you've got that dream internship or full-time job, and you think you finally have a sense of where your career is headed. You may be tempted to sit back and relax — but hold on, the work's not over yet.

Seeing that you've just achieved a major career milestone, this is a critical opportunity for you to give back by becoming a mentor. Whether it's helping a younger student from your university or college, or a new intern at work, here are four reasons why mentoring others can move your career forward.

You'll become more 'well-rounded'

Mentoring is a chance to acquire valuable leadership skills in the early stages of your



Remember that mentoring is one of the best investments you can make in your career, with benefits that will take shape in more ways than one. ISTOCK

career. These skills include: giving constructive feedback, communicating in a clear and concise way, and being decisive.

Developing these skills in a low-pressure environment will create multiple opportunities for learning, and will ultimately set you apart from your peers. As the relationship progresses, you'll also be able

to ask your mentee for honest feedback that will allow you to further improve.

You'll see how other people solve problems

While guiding your mentee through a situation, you may notice that he or she finds a unique solution to an issue that you would have never arrived

at. Mentorship is a rare opportunity to gain a closer view into another person's perspective and decision-making process, and simultaneously learn from it.

You'll reflect on your own actions and learn from them.

As you mentor someone else,

So let's get started

While you're in the early stages of your career, chances are that your mentee will be similar to you in age and mindset. This will make it easier for an organic relationship to develop, allowing your mentee to more easily open up to you.

- Put yourself out there: Join special interest and industry network groups, place your name in your college or university's alumni directory, and make sure you have a LinkedIn profile that shows your alumni and employment information.
- Take initiative: Reach out to younger students from your school who have similar career goals, or offer to have a quick chat with the new employee or intern at work.

you'll likely provide candid advice based on your own successes and failures.

Sharing your experiences will encourage you to reflect on the past and pinpoint what you may have done differently today. Along the way, you'll come to appreciate how your skills, maturity, and judgment have progressed.

Someday, you'll need your mentee

Building a base of people that can advocate for you and speak to your leadership qualities is essential. This is

the best way to spread your personal brand. Your mentee will have their own individual network, and they may even have multiple mentors.

The next time you encounter an issue of your own, your mentee's connections could be vital to you.

"Can you help my friend Lisa with a problem she's been having?" does not sound as good as "Can you help my mentor Lisa with a problem she's been having? She's been really helpful to me, and I was hoping you could help her out in return."

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The jobs of summer aren't gone (quite yet)



If you have entrepreneurial aspirations, consider starting your own business for the summer. Programs like Summer Company offer grants to students who aim to work for themselves. ISTOCK

Employment. The days are getting longer, and recruitment for summer work is already in full swing

CELINE TARRANT
TalentEgg.ca

A lucky few have a summer job offer in hand, but if you haven't, don't worry. There's still time to land that seasonal gig — here's how.

Update your resumé, cover letter, and LinkedIn profile

It's time to dust off the most recent version of your resumé, and make sure it's fully up to date. If you are adding quite a bit of new information, you may need to remove some older experience off your resumé. Be sure to pay special attention to formatting; since recruiters scan through these documents quickly, it should be optimized for readability.

While your cover letter

should, of course, be customized for each position, it's a good idea to have a generic template prepared with your best stories and experiences. It will provide a good jumping off point for job-specific cover letters later on.

Resumés no longer just live on paper. Don't forget to update various digital versions of your resumé, whether it be your LinkedIn profile, other professional profiles, or a personal website. Anywhere online where you may have a resumé uploaded, make sure you replace it with your updated one.

Apply to postings — but not every posting

Many people believe that the more jobs you apply to, the better chance you have of getting a call back. This is true to some extent, but when you start firing off resumés and generic cover letters to postings that don't fit with your profile or career goals at all just for the sake of applying, hiring managers can tell.

It's often better to do a few things well than do many

things poorly, and this definitely holds true for job applications. Be at least somewhat selective in applying to job postings. Only apply to companies and roles you've really researched, and can prepare a stellar and customized application for. You need to be able to tie all your past experience, skills, and interests into a compelling story about why you should have the job you seek. If you find you are really stretching to make that connection, it's probably not the right job for you.

Leverage your network

LinkedIn is a great way to leverage your personal network to find a summer job. Search companies you are interested in on LinkedIn, and see who in your network works there. If it's someone you have a second- or third-degree connection with, try to get someone to introduce you. If you can't get a formal introduction, send a short message and bio, and ask if you can speak with them further by email or phone.

You can also filter search results by what school people at

tended, which is a great way to find alumni from your school who are currently working at companies you are interested in. Reaching out to alumni is a great networking strategy, since you already have something in common.

For contacts that you have a more personal relationship with (like friends and family), make sure to let them know that you are hunting for a summer internship, and give them an updated copy of your resumé.

Send cold emails

Applying to live postings is only half the battle. Research other companies you are interested in that might not have summer job postings. Check company websites for contact information and see if there is someone you can reach out to with a cold email.

The response rate on cold emails is higher than you might think. Even if you can't get directly in touch with a decision-maker, many people are happy to answer questions and connect you with the right person.



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2008 Human Resource Consultant,
Dasch Inc

2014 Human Resource Advisor,
Price Industries



Soup goes from lunch to dinner appetizer

Recipe. Mushroom Chowder is so versatile that it can be served as a dish while entertaining, or with a sandwich for your family members



DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD



From your fridge
to your table in
30 minutes or less

This soup makes plenty for a crowd as dinner appetizer, or to be enjoyed alongside a sandwich or salad for lunch.

You can also slurp it warmed up when you come home late, as my good friend Chef Tom Phuong, the man behind this recipe, does after a long shift at the Fairmont Royal York hotel in Toronto.

I love mushrooms and what they have to offer, and Tom's soup has a true mushroom flavour and really allows you to incorporate a nice variety of mushrooms.

I left the version I made a bit chunky. But for a smoother texture, purée the soup in batches in blender and return it to the soup pot to add the remaining ingredients.

If you want to speed up the cooking process, omit the mushroom stock and use 8 cups (2 l) of homemade or store-bought sodium-reduced vegetable broth and adjust the seasoning to taste.

The Mushroom Chowder



This recipe makes 10 servings of 1 cup (250 ml) each. EMILY RICHARDS

TOTAL TIME
ABOUT 35
MINUTES

Ingredients

- 2 pkgs (227 g each) button mushrooms
- 1 lb (454 g) shiitake mushrooms, stems removed for stock
- 8 oz (227 g) oyster mushrooms, tough stems removed for stock
- 1 small portobello mushroom cap, stem removed and gills scraped out
- 2 tbsp (30 ml) butter
- 1 shallot, diced
- 1 onion, coarsely chopped
- 1 leek, white part only, thinly sliced
- 1 stalk celery, chopped
- 1 tbsp (15 ml) chopped fresh thyme
- 1 tbsp (15 ml) chopped fresh tarragon
- 2 bay leaves
- 1/3 cup (75 mL) white wine
- 1/2 cup (125 mL) 35% whipping cream
- 1 1/2 tsp (7 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper

Mushroom Stock

- 2 cups (500 ml) shiitake and oyster mushroom stems
- 4 sprigs fresh thyme
- 2 sprigs fresh tarragon
- 1 leek, white and light green part only, chopped
- 1 stalk celery, coarsely chopped
- 1 onion, coarsely chopped
- 2 bay leaves
- 1 tsp (5 ml) whole black peppercorns
- 8 cups (2 l) water

Stir in wine until evaporated. Add mushrooms and pour in mushroom stock; cover and bring to a boil for about 15 minutes or until mushrooms are tender. Remove bay leaves and using immersion blender, blend soup until smooth or to your desired texture. Stir in cream, salt and pepper, and heat until steaming.

will easily keep refrigerated for up to three days, making it a great make-ahead soup.

Directions

1. Mushroom Stock: In a large pot, combine shiitake and oyster mushrooms

stems, thyme, tarragon, leek, celery, onion, bay leaves and peppercorns. Pour in water and bring to a boil. Reduce heat and simmer for 20 minutes. Remove from heat and let stand for 5 minutes. Strain

stock through fine mesh sieve into another pot or large glass measuring cup, discarding the vegetables; set aside.

2. Meanwhile, thinly slice button, shiitake, oyster

and portobello mushrooms; set aside. In soup pot, heat butter over medium high heat and cook shallot, onion, leek, celery, thyme, tarragon and bay leaves, stirring often for about 10 minutes or until golden.

Mushroom caps meet Buffalo Chicken

Mushrooms are meaty and satisfying, yet a cup has just 15 tiny calories (and two grams of protein). Plus, they offer a dose of antioxidants, vitamins, minerals and dietary fibre.

But the real benefit is that the deep flavour of mushrooms will make you completely forget you are eating something healthy.

Since gametime snacks could use a healthy kick, take all the flavours of a Buffalo wing and stuff them into a mushroom cap, then bake it.

1. Heat oven to 375 F. Line rimmed baking sheet with foil, then mist with cooking spray.

2. Use damp paper towel to wipe mushroom caps clean, then season with salt and pepper. Set aside.

3. In sauté pan over medium heat, melt butter. Add shallot and garlic and sauté until soft, about 3 minutes. Add kale and sauté until wilted. Add lemon juice, cover and allow to steam 2 minutes. Uncover, remove pan from heat and stir in chicken.

4. In bowl, mix cream cheese, hot sauce and blue cheese crumbles. Add kale and chicken mixture to cream cheese mixture and mix well. Spoon

cheese filling into mushroom caps, then arrange filled caps on prepared baking sheet. Mist tops lightly with olive oil cooking spray, then bake 25 minutes, or until tops are

golden and mushrooms are tender.

THE ASSOCIATED PRESS / MELISSA D'ARABIAN, AN EXPERT ON HEALTHY EATING ON A BUDGET AND AUTHOR OF SUPERMARKET HEALTHY.

Ingredients

- Two 10-oz packages medium white button or cremini mushrooms, stemmed
- Kosher salt and ground black pepper
- 1 tbsp butter
- 1 shallot, minced
- 3 cloves garlic, minced
- 1/2 bunch kale, stems removed,

finely chopped (about 1 cup)

- 1 tbsp lemon juice
- 3/4 cup chopped cooked chicken
- 8 oz light cream cheese, softened
- 1/4 cup hot sauce
- 1/4 cup blue cheese crumbles
- Olive oil cooking spray



This Buffalo Chicken and Kale Stuffed Mushrooms recipe makes 15 mushrooms. MATTHEW MEAD / THE ASSOCIATED PRESS



Fraudsters are using new high-tech scams to get your money. SHUTTERSTOCK

ID fraud expected to rise in 2015: Experts

High-tech. Criminals have become experts at online scamming

BRENT JOLLY
For Metro

While social insurance numbers, health cards or simply a name and address remain the timeworn treasures of identity thieves, industry experts expect the scale and complexity of scams will continue to rise in 2015, particularly in the digital world.

"Over the last few years we have seen a sharp increase in digital skullduggery," said Daniel Williams, a senior call-taker supervisor with the Canadian Anti-Fraud Centre (CAFC) in North Bay, Ont. "The Internet has helped scammers get information from consumers a lot cheaper and easier," he said. "Right now, the sky is the limit."

According to current CACF statistics, 11 of the top 20 kinds of fraud involve the Internet. Williams said the No. 1 fraud is what he calls the "Microsoft virus scan" scam.

In this case, fraudsters swindle unsuspecting computer owners by calling them and claiming to be from a company, such as Microsoft, who need to repair an error on your personal computer. Once they have access to your computer, your digital security has been compromised, Williams said.

"These scammers are incredibly skilled and a lot of ingenuity is put into their schemes. And they are richly rewarded for it."

Jennifer Fiddian-Green, a forensic accountant with Toronto-based Grant Thornton LLP, agrees with Williams. She said consumers need to be aware that identity theft and fraud have become significantly more complex.

In particular, Fiddian-Green

said many criminals are attempting to impersonate private business owners through emails to their own staff. For example, she said cybercriminals will send emails to chief financial officers, or whoever manages the company's corporate bank account, by pretending to be an executive who needs to wire money.

"These emails are remarkably assembled, personal and look exactly like real ones that would be sent within a firm," Fiddian-Green said.

Her best advice? Look for tell-tale signs in the email, such as an extra letter or period that is out of place. Be sure to ask questions to make sure you know who you are dealing with.

"A lot of what scammers are doing right now will continue to be successful," Williams said. "There is no reason to believe they will stop using techniques like phishing emails, or bogus websites."

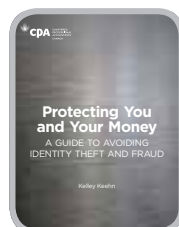


1 IN 3 CANADIANS IS A VICTIM OF FRAUD

Identity theft is a rapidly growing crime in Canada—mass marketing fraud alone totalled more than \$52 million.

Protect yourself with tips from fraud and identity theft experts in this must-read book, *Protecting You and Your Money: A Guide to Avoiding Identity Theft and Fraud*.

- Spot current scams and avoid them
- Recapture your life if your identity has been stolen
- Find where to go for help and support



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Hutchinson, Pavelec bringing up Jets' rear



THE HOCKEY NEWS
Ronnie Shuker
winnipeg@metronews.ca

Well, now that the silliness of the NHL Trade Deadline Day is over, Jets fans can get back to worrying about the stretch run.

And there's a lot to get nervous about.

GM Kevin Cheveldayoff has done his part, wheeling and dealing to shore up the roster, but the players have their work cut out for them if they're to maintain the pace they've set through the three-quarter pole, because they've got at least one and potentially two deadweights in goal dragging them down.

As the Jets make their playoff push, all eyes will be on Michael Hutchinson to see how he handles the increased workload. After starting the past four games and two-thirds of the Jets' games in February, he's now the de facto No. 1 in net.

Is he tiring? The stats suggest he could be.

Over the past three months, his numbers have worsened progressively. In November, Hutchinson was nearly perfect, posting a miniscule 1.22 goals-against average and .958 save percentage. In December, he was still stellar with a 2.14 GAA and .927 SP.

In January, however, the shine started to come off. His numbers were a middling 2.62 GAA and .912 SP. And in February, he was below average, with a 2.68 GAA and .898 SP.

To make matters worse,



Should Michael Hutchinson's numbers continue to take a tumble, the burden of qualifying for the playoffs will fall on the Jets' skaters. DEREK LEUNG/GETTY IMAGES

Ondrej Pavelec hasn't picked up the slack. Instead, he has followed Hutchinson's downward trend. In the same time span, his GAA has ballooned a full goal from 2.12 to 3.13, and his save percentage has plummeted from .928 to .894.

What does this say for the Jets' playoff hopes? Well, to use a harness racing analogy, it means the horses up front are going to have to pull harder down the stretch because that sulky carrying their two goalies has been getting heavier with each quarter mile.

And it's not going to be easy. Of their remaining 18 games, 13 are against teams that are currently holding

Downward spiral

From November through February, the Jets' goaltending has gotten worse every month.

- **Hutchinson:** Goals-against average — 1.22, 2.14, 2.62, 2.68; save percentage — .958, .927, .912, .898
- **Pavelec:** Goals-against average — 2.12, 2.95, 3.11, 3.13; save percentage — .928, .886, .911, .894

down a playoff spot. That includes games against many of the league's thoroughbreds,

including three against the Blues and one each versus the Predators, Lightning, Canadiens, Rangers, Capitals and Blackhawks.

Pavelec's backsliding was to be expected, but the Jets had hoped Hutchinson could've kept up his torrid pace. He played a career-high 55 games last season between the NHL (three), American Hockey League (24) and ECHL (28), and his play never dipped.

But a full season in the NHL is a different animal altogether. From now until April 11, when the season ends, we'll find out whether the Jets' skaters have enough left to drag their goalies across the finish line.

NHL

Injured Giordano has faith in his surprising Flames

Calgary Flames captain Mark Giordano isn't giving up hope his team can make the NHL playoffs without him.

Giordano addressed the local media on Tuesday, a day before he was scheduled to undergo season-ending surgery to repair a torn left biceps tendon.

The NHL's top-scoring defenceman (11 goals, 37 assists) said many different players have contributed to Calgary's success this season and their efforts can get the Flames to the post-season.

Calgary entered Tuesday night's game at Philadelphia in a three-way tie for third place in the Pacific Division standings.

THE CANADIAN PRESS

Underwood and Fisher welcome baby boy

Carrie Underwood is a new mom, and like all proud parents, she's showing him off in a photo.

The multi-platinum country singer gave birth to Isaiah Michael Fisher on Friday, and on Tuesday, she announced it to the world on Twitter. She posted a picture of Isaiah, showing his tiny hand and a bit of his mouth.

He's the first child for Underwood, 31, and her husband, Mike Fisher, who plays for the Nashville Predators.

THE ASSOCIATED PRESS

Leafs' Kessel plays defence for his captain

Phil Kessel is mad as hell about how Dion Phaneuf is treated by the Toronto media, and he's not going to take it anymore.

Kessel offered a passionate defence of the Maple Leafs' captain on Tuesday and said he was fed up with how certain media members talk about the team's No. 1 defenceman.

"I think you guys unfairly criticize Dion," Kessel said after the team's morning skate in Sunrise, Fla. "He's our best defenceman, and you guys act like he's not trying out there and this and that. It's em-

Tweet storm

Kessel's comments came on the same day that Phaneuf threatened legal action after TSN aired an insinuating fan tweet about his wife Elisha Cuthbert and teammate Joffrey Lupul during Monday's trade deadline coverage. TSN issued an on-air apology later in the day.

barrassing. I'm embarrassed for some people and things

they've said about him."

Kessel said media members should be "ashamed" of what they've said to and about Phaneuf. The star right-winger, who like Phaneuf is signed to a lucrative long-term contract, said there's an unfair amount of blame put on the captain for the Leafs' struggles.

"Is it his fault we're losing? No. Did he build this team? No," Kessel said. "It's not Dion Phaneuf. The stuff he takes, the crap he takes, the things people say, I'm just tired of it here." THE CANADIAN PRESS



The Maple Leafs' Phil Kessel, left, laid into the media over their treatment of teammate Dion Phaneuf. GETTY IMAGES FILE

Cyprus Cup Canada's last warm-up

World Cup looming. Coach John Herdman's aim for final tournament before the big one is to nail down tactics, squad

Call it a dress rehearsal for this summer's Women's World Cup. Canada's women's soccer team plays Scotland on Wednesday to open the Cyprus Cup, the final tournament before this summer's World Cup in Canada, and one last opportunity, says coach John Herdman, to test out tournament strategies.

"It's a pretty serious time and this tournament is an important step for us," Herdman said on a conference call Tuesday. "It's just the fact that you're going from game to game (in a tournament format), and with that you have all your recovery strategies, mental, physical, you have to be slick with your scouting processes, and bringing together the information that has to be passed on from game to game and how that transfers from the staff to the players."

Herdman is fielding a mix

of veterans for the tournament, including Christine Sinclair, Karina LeBlanc, Erin McLeod and Melissa Tancredi, as well as rising stars Kadeisha Buchanan and Janine Beckie. With each passing game, he said, he gets that much closer to cementing his roster for the World Cup, which kicks off in three months.

"We haven't written anyone off. There's still opportunities and the door is always open," Herdman said. "But every time I pick a squad now, getting closer to the tournament, we get a clearer picture."

The notable absences are Diana Matheson and Lauren Sesselmann. Matheson, who scored the lone goal in Canada's 1-0 bronze-medal victory over France at the 2012 London Olympics, tore her anterior cruciate ligament in late October, while Sesselmann tore her ACL a year ago.

The Canadian women are on a roll. They're undefeated in their past six games, which included three victories en route to winning the Bao'an Cup earlier this year in China.

"We're hoping we can keep that roll going because it's great for confidence for our players," Herdman said.

Decisions decisions

"We haven't written anyone off. There's still opportunities and the door is always open. But every time I pick a squad now, getting closer to the tournament, we get a clearer picture."

Canada women's soccer team coach John Herdman

Canada has won the Cyprus Cup three times, and will be gunning for its first title since 2011. Canada finished second in Group A in last year's Cyprus Cup and were relegated to the fifth-place match where they beat Ireland 2-1.

Following their match against Scotland, the Canadians will travel to Larnaca, where they'll face South Korea on Friday. They'll wrap up Group A play on Monday versus Italy in Nicosia.

Herdman said Canada will play in about five friendlies after the Cyprus Cup and prior to the opening of the World Cup on June 6.

THE CANADIAN PRESS



Kadeisha Buchanan, a 19-year-old defender from Toronto, will get a chance to shine with Canada at this month's Cyprus Cup. RICHARD LAM/GETTY IMAGES

Jacobs and team say foot tap wasn't intimidation



Brad Jacobs wants to put the tap behind him. JEFF MCINTOSH/THE CANADIAN PRESS

Curling took a page from hockey's playbook at the Tim Hortons Brier.

It wasn't a slash or a trip, but rather a curling version of a friendly lovetap — and naturally with a broom instead of a hockey stick.

The Brad Jacobs team from Northern Ontario said tapping the foot of an opponent was a reminder for the player to get his knees off the ice after releasing the stone at the Canadian men's curling championships. The incident occurred in Northern Ontario's 7-3 win over Ontario's Mark Kean on Monday

night at the Scotiabank Saddledome.

Ontario coach Bryan Cochran was seen complaining to officials after a Northern Ontario sweeper rapped the foot of Ontario third Mat Camm after he delivered his rock.

In a statement released Tuesday on the team's Facebook page, the Jacobs rink said that "it was not done with any aggressive or intimidating intent" but to remind the player not to leave marks on the ice that can affect the movement of stones.

Warmth from hands and

knees can create a "puddling" effect on the ice.

"It's something we're trying to put behind us," Jacobs said Tuesday. "It's definitely not something we would ever intentionally try to do, intimidate a player or anything like that."

Curling Canada said the chief umpire had spoken with both teams and told them that complaints should be made during the game to the game umpires and not after it. "I have no hard feelings, just as long as everyone learns from the experience," Kean said Tuesday.

"I don't think it's right, but

if everyone can learn from the experience and the officials are on top of that kind of stuff — and they're on top of the knees on the ice, too — then there's no issue between either team." Jacobs, the reigning Olympic champion, topped the round robin at 6-0 after Tuesday afternoon's draw.

Kean, meanwhile, who's making his Brier debut with one of the youngest teams in the field, took a 2-3 record into his evening game against Brad Gushue of Newfoundland and Labrador.

THE CANADIAN PRESS

MLB

Baseball now on the clock after pace of play introduction

With large, glowing red numbers, the timer on the centre-field wall at Goodyear Ballpark ticked down Tuesday, counting off seconds and ushering in change.

Baseball, the timeless game of endless summers, went on the clock.

Major League Baseball introduced its new pace of play initiatives during five exhibition games in Arizona and Florida. As expected, there were a few minor glitches as players, managers, umpires and fans adjusted to the "rules" designed to make games shorter, more appealing to TV viewers and perhaps lure the next generation of fans to a sport fighting for attention.

THE ASSOCIATED PRESS

MLB

Jays lose exhibition opener but gain guest coach Wells

Pedro Alvarez hit a three-run shot and Korean rookie Jung Ho Kang connected for his first major league homer, leading the Pittsburgh Pirates to an 8-7 win over the Toronto Blue Jays on Tuesday in the exhibition opener for both teams. Meanwhile



Vernon Wells is back with the Jays. THE CANADIAN PRESS

Vernon Wells is back with the Blue Jays until Thursday as a guest instructor to help mentor younger players. The three-time All-Star outfielder retired after last season.

THE ASSOCIATED PRESS

EPL soccer

Benteke penalty lifts ailing Villa out of drop zone

Southampton and Aston Villa scored late winners in matches affecting opposite ends of the Premier League on Tuesday, while a touchline spat between the managers marred Sunderland's 1-1 draw at Hull.

Southampton revived its

unlikely tilt at Champions League qualification thanks to Sadio Mane's 83rd-minute goal in a 1-0 home victory over Crystal Palace.

Villa climbed out of the relegation zone — at least until the midweek round of fixtures is completed on Wednesday — thanks to a 2-1 win over West Bromwich Albion that was secured by a penalty converted by Christian Benteke in injury time.

THE ASSOCIATED PRESS

2015 Buick LaCrosse

- **Type.** Four-door FWD/AWD full-size sedan
- **Engines.** 3.6-litre V6 (304), 2.4-litre I4 with eAssist (182)
- **Transmissions.** Six-speed automatic
- **Price.** Base-tested price (incl. destination) \$37,595/\$52,245

Market position

With the discontinuation of Lucerne, the 2015 Buick LaCrosse is the company's largest and most luxurious sedan. This is a premium brand focused on classy styling, and comfortable road manners. It is geared towards mature, upscale buyers, many of whom currently shop Lexus.

Points

- Utilizes long version of GM's midsize FWD platform, which it shares with Chevrolet Impala and Cadillac XTS.
- V6 models can be configured with all-wheel drive.



All-new model for 2010, with major facelift and updates for 2014.

Interesting features

Very generous back seat space and comfort; I4 models add electric motor and auto stop/start for "mild hybrid" format; new OnStar system with 4G LTE and Wi-Fi hotspot.

Quietly adept at everything



PHOTOS: MIKE GOETZ

Review. Buick's largest sedan, the LaCrosse, is also its most luxurious

MIKE
GOETZ
drive@metronews.ca

With Cadillac and Chevrolet in the family, Buick can play in the space between mainstream and premium, and overlap those markets whenever it sees fit.

Buick's largest sedan, the LaCrosse, does this perfectly.

You can load it up with technology and leather bits so it effectively competes with luxury nameplates that bring the top-shelf stuff as standard equipment, or you can opt for a smaller serving of premium features, and still drive away in big, comfy sedan with a bit of upscale swagger.

And based as it is on a stretched version of GM's front-

wheel-drive midsize platform, LaCrosse effectively competes against a lot of nameplates — basically anything large and FWD-based — from both the mainstream and luxury brands. Think Toyota Avalon, Chevrolet Impala, Lexus ES, Nissan Maxima, Lincoln MKS, Ford Taurus, Kia Cadenza, and so on.

Our test LaCrosse was at the premium end, with AWD, the 304-hp V6, two extra safety packages, a huge panoramic sunroof and the big-screen TV with all the infotainment and connectivity options. Net result: a pre-tax MSRP (including destination) of \$52,245.

For that money you get the top-shelf technology, like forward collision alert, lane departure warning, articulating headlights, adaptive cruise control, and the latest version of IntelliLink and OnStar, which actually makes the Buick a Wi-Fi hotspot for all your passengers. The system can also read incoming texts through the



Last year's interior redesign makes the LaCrosse less fussy.

speakers and be paired with iPhone for Siri Eyes Free.

Once you get that set up, it's time to drive, and the first impression is one of smoothness and quiet. Quiet Tuning is an official Buick "branding" thing, but it's totally legit. This is a very quiet automobile, which goes a long way in creating a luxury vibe. Last year's interior redesign made it less fussy, which also contributes to the Zen-like experience, as does

GM's super-smooth 6-speed automatic transmission.

The AWD version makes do with a less sophisticated rear suspension to make room for the extra drivetrain bits. And only FWD models can be had with the optional "real time" self-adjusting dampers. Either way, the LaCrosse feels light and agile on its feet, and the AWD versions always have a bit of torque going to the rear wheels, for more balance in cor-

Compare



1 Lexus ES350
Base price: \$43,595
A Camry with the Lexus treatment.



2 Lincoln MKS
Base price: \$49,860
Standard AWD, but lacks finish.



3 Chrysler 300
Base price: \$39,590
RWD, not quite premium, but nice.

nering and smooth takeoffs.

The overall smoothness and quietness might be reason why the 300-hp V6 doesn't quite feel like 300-hp should, at least to this driver. It's fast enough, just not in a way that makes you aware of the fastness.

The extra length of the LaCrosse over midsize nameplates is well leveraged in the rear seating area; legroom and comfort are fabulous. The trunk, however, is only average for this class, with a rather smallish opening.

Today's Buicks look sharp, particularly this LaCrosse, whose extra length gives it more sleekness.

Overall, it's a smooth operator that does everything professionally, with little fuss or drama.

AUGMENTED REALITY

Stuck on 12 Across?
**Scan this image with your
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crossword and Sudoku answers.**
It's OK. No one's watching.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

A couple of days from now you will have to start making more of an effort, especially on the work front, but today and tomorrow almost everything will come easy to you.

♉ Taurus

April 21 - May 21

Someone will expect you to live up to the inflated image they have of you but if you try, you may fall flat. Be who you are and insist that everyone takes you as they find you.

♊ Gemini

May 22 - June 21

Honesty is the best policy today, even if it means you hurt someone's feelings by calling it as you see it.

♋ Cancer

June 22 - July 23

Make an effort to get out and meet as wide a range of people as possible. You may not like everyone you encounter but each one of them will have something worth hearing.

♌ Leo

July 24 - Aug. 23

Can you adapt? It may not come easy to you but it's a must today as Uranus, planet of changes, is so strong in your chart. All changes will be good for you, so embrace them.

♍ Virgo

Aug. 24 - Sept. 23

Don't waste time getting others' opinions about what you intend to do. Just get on and do it and let the chips fall where they will.

♎ Libra

Sept. 24 - Oct. 23

Today's links between Venus, your ruler, and Jupiter and Uranus will encourage you to see the best in all people — not just the ones you like.

♏ Scorpio

Oct. 24 - Nov. 22

Make an effort to tie up loose ends because come the weekend there will be new challenges to tackle and the last thing you want is old plans and projects holding you back.

♐ Sagittarius

Nov. 23 - Dec. 21

If life has been a bit dull of late, spice things up. Some people will remind you that these are serious times but that just makes laughter more valuable.

♑ Capricorn

Dec. 22 - Jan. 20

If you have something to say make sure you say it loud and clear. Don't worry that by speaking your mind you might damage your career prospects — it's a risk worth taking.

♒ Aquarius

Jan. 21 - Feb. 19

Yes, you can turn your dreams into realities. With Uranus, your ruler, linked to values planet Venus today you only have to put a name to your desires to see them come true.

♓ Pisces

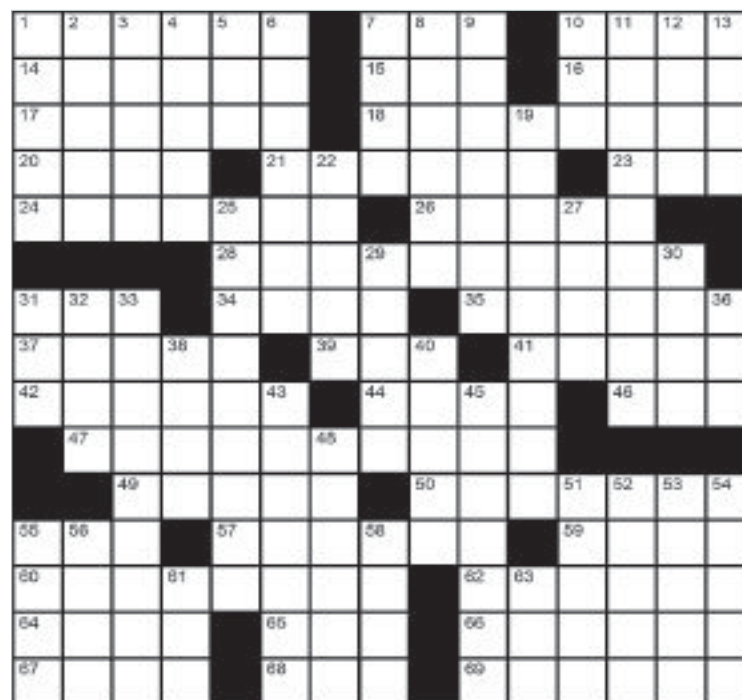
Feb. 20 - March 20

If you don't like the way those around you are doing things speak up about it, especially if you fear their mistakes could cost you money.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Cross

1. Ready-made, commonly
7. Electrical resistance unit
10. Goulash
14. Royal ___ (Canadian real estate company)
15. Mens ___ (Criminal intent, in law)
16. Cycled
17. Lacking standards
18. Brings up somebody's name
20. Taylor Swift's "All You Had ___ Was Stay"
21. Halifax-born actress Ms. Braganza
23. Arm drawing, commonly
24. Darling
26. H's spelling
28. La La La ___ (Founded in 1980, Canadian contemporary dance company known for its unique choreography)
31. Leningrad's lang.
34. Internet pub.
35. Under the weather
37. Jessica of "Gossip Girl"
49. 'E' of literary monogram TSE
39. Tasty tuber type
41. ___ Canada (Aluminum company)
42. Mints brand: 2 wds.
44. Sluggish
46. PC information units



47. "Welcome to My Life" band from Montreal: 2 wds.
49. 'E' of literary monogram TSE
50. Trinkets-displaying furniture piece
55. Adjust
57. Split-causing rift
59. Amongst
60. "Knock it off!": 2 wds.

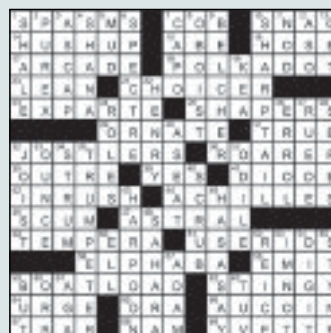
62. Lunch hour activity
64. Mr. Eisenberger, Mayor of Hamilton
65. "Bambi" (1942) character
66. Strongly against
67. Chuck
68. US tax ID
69. To a ___ extent

2. Tend to the lawn some more
3. Lyric poem
4. Denmark's ___ Islands
5. Palindromic honorific
6. Antwerp's country
7. Elm: French
8. ___ Blaikie, former Canadian law firm
9. Single-named

- contemporary Christian singer who was an "American Idol" contestant in 2006
10. Lanka's lead
11. Hors d'oeuvre piercer
12. Dame Everage link
13. Kim Kardashian ___
19. Manitouwadge, Ontario-born actress Ms. Jones of CBC's

- "Strange Empire"
22. Catriona ___ Doan, Canadian Olympic/broadcaster
25. "The Marilyn Denis Show" expert Joe Rich, Family ___
27. Particular phone
29. Audibly astounded
30. Highbrow
31. Q-U's middle
32. Submachine gun types
33. Clubs and civilizations
36. Car's consumption
38. WWW code
40. Titles for French misses [abbr.]
43. Bells: French
45. Porridge
48. Mr. Hawke's
51. Backyard entrances
52. Gulf leaders, variously
53. Washing cycle
54. Border-defining gardening tool
55. Floor plan measuring unit, briefly: 2 wds.
56. 12-star coin
58. Q. "Canadian" ...is ___ adjective?"
- A. "Yes, but also a noun."
61. QB's feats
63. ___ Carling in Ottawa, e.g.

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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